SUCCESSFUL WEIGHT LOSS

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Foreword

There are tons of reasons why obese or overweight people try to lose weight. Some want to be healthier, to feel and look better while others want to have more energy to accomplish their daily tasks.

No matter what the reason is, healthy weight management and successful weight loss depend on sensible goals as well as expectations. If you set goals for yourself, it is not impossible to meet them and have the chance to maintain your weight.
Anyone can lose weight effectively. Get to know all your needed information here.

Successful Weight Loss

Chapter 1:

Weight Loss Resolutions Basics

Synopsis

Weight loss is the term that is on many people's minds. Some need it for medical reasons and others for aesthetic purposes.

While there are many solutions available in today's market and advice can be found easily over the internet, achieving weight loss goals is totally a different matter. People struggle to lose weight mainly because of wrong expectation and misguidance due to the different product marketing.

Before you rush and start on your weight loss plan, consider the weight loss basics first.

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The Basics of Weight Loss

Decreasing one's pounds is one aspect of an effective and successful weight loss. This is the main idea that everyone can relate to. It is also measurable and can bring visible results. The words "weight loss" convey these notions.

Losing weight revolves on various important aspects including restoring and improving one's health, staying on the track to achieve all your weight loss goals, and transforming and keeping a leaner body. For you to achieve successful weight loss, you have to keep in mind the weight loss basic principles. These include the following:

- ☐ Lose fat
- ☐ Stay motivated
- ☐ Gain muscle

In order for you to be successful, you have to take note that you need to make extra effort as there's no shortcut in shedding those unwanted pounds of yours.

Lose Fat: Diets Can Help You

Eating correct and healthy balanced diet is important when losing weight. Choose and follow a diet that is rich in fiber and protein and low in refined carbohydrates.

Once you have increased your intake of fiber and protein, you will lose your weight gradually and your strong muscles will develop. Also, if you consume less refined carbohydrates, you get rid of piling calories, which don't provide the needed nutrients of your body.

Gain Muscles: Do Some Workouts

When losing weight, gaining muscle can help. It is because fat will be burned to provide you the right you the right energy in which muscles require in staying alive. It's interesting to note that a pound of fat requires only three calories while a pound of muscle needs 75-150 calories every day to work. Therefore, if you want to see results when losing weight, it's imperative that you do workouts.

You can consider any exercises or workouts. But, anaerobic and aerobic exercises are essential for your body to work harder. For better results, alter your exercise routines to maintain the stimulation of your body.

Some consider weight loss programs just to do workouts. There are even others who enroll to a gym class. You don't need to spend a huge amount of money when doing workouts. You can do workouts at your home. Just choose those exercises that will not require gym equipment.

When doing workouts, take it seriously and stick on your plan. Learn to be motivated. Exercising regularly with consistency and

commitment is a must. Do not make mistakes and expect for quick results like most people do. You have to take note that it also takes time to see results.

Staying Motivated

It is vital to accept that weight loss does not happen quickly. Losing weight is a journey in which you need to monitor your progress. With this, you will be able to see results while being motivated with your plan.

Losing weight may be easy for some because of using magic pills. But, if you want to improve your overall health and maintain a healthy weight, then stay motivated and get going as this can make a difference.

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Chapter 2:

Use Walks

Synopsis

Anyone can be able to lose weight depending on the intensity and duration of their walking as well as their diet. That is the reason why many experts advised overweight people to use walks as this can be a great part of their weight loss journey. However, this does not mean that you need to stop eating a healthy balanced diet. You still need to stick to your weight loss plan. Walking is just a bonus for those who want to see results in no time.

Walking As a Bonus to Your Weight Loss Journey

Some people say that physical activities like walking are not important when trying to lose weight. But, the truth is, using walks for your weight loss can help you arrived at your desired results.

If you consider adding 30 minutes of brisk walking to your daily activity, you would burn about 150 calories daily. For you to lose a pound every week, you need to get rid of 500 calories each day. Of course, the more you spend your time walking and the quicker your pace is, you will be able to burn more calories.

In order for you to be successful to lose weight through walking, you need to maintain the intensity of your exercise at a vigorous or moderate level. When it comes to weight loss, the longer you walk or the more intense you walking exercise is, the more calories you'll burn. However, you have to take note that balance is essential.

If you are new to physical activity and regular exercise, you can start at a low intensity and increase it gradually. Once you have succeeded in losing weight, you should not remove your walking exercises in your daily routine as this will help you maintain your weight. As a matter of fact, studies showed that people who are maintaining their weight for long term always consider regular walks. So, keep on walking and ensure to follow a healthy balanced diet.

Guide On How to Use Walking For Your Weight Loss

As mentioned earlier, walking alone will not help you lose weight successfully. You still need to consider eating a healthy diet as this can let you achieve all your weight loss goals.

Most people who are trying to lose weight find it hard to stay on the course. Through this guide, you will be motivated in losing weight.

1. Keep Track on Your Diet

The best key for you to avoid overeating is to keep on track on what you are eating. It may seem to be a simple task, but managing your diet can be challenging. If you don't want to ruin your weight loss goals, then create a record of what you eat or drink. Keeping a record of the calories of your foods can also be a good idea. In this way, you will be able to maintain your weight.

2. Measure Your Walks

There are different ways to monitor your walks or how far you have walked. Tracking distance will allow you to compare routes and can assist you in increasing your distance that can also let you burn more calories, which is crucial if you're walking to shed extra pounds of yours.

3. Keep a Walking Log

Keeping a walking log is also important like having a food log. This will help you to be motivated in losing weight. Other than that, your walking log will allow you to track your progress as you gradually increase the intensity of your walks.

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Chapter 3:

Use Fruits Rich in Vitamin C

Synopsis

Recent studies suggests that you will be more successful with your weight loss if you will eat more fresh citrus and some vegetables and fruits that are rich in Vitamin C. It does not mean that Vitamin C is the new wonder drug for weight loss, but experts have discovered that consuming an insufficient amount of Vitamin may hinder one to lose weight.

Getting to Know More about Vitamin C

Vitamin C is not just helpful in fighting colds. If you need to lose weight for whatever reasons, this vitamin can help you. Did you know that fruits that are high in Vitamin C can let you burn more fats?

What Is Vitamin C?

Vitamin C is also referred to as an ascorbic acid. It's a water-soluble vitamin with an antioxidant function in one's body. This just means that this neutralizes free radicals, which can cause damage to cells.

Vitamins that are water-soluble are not stored in one's body. With this, you need to consider taking a fresh supply of these every day. Otherwise, you will be at risk of developing a deficiency that can lead to some health issues over time. Unfortunately, one's body does not have the capability of producing Vitamin C. So, it is important to ensure that you take this nutrient adequately.

Vitamin C and Weight Loss

If you consider juicing recipes for your weight loss, you will get results if you will include fruits that are rich in Vitamin C.

Researchers are searching for fruits and vegetables rich in Vitamin C that can increase your rate of burning fats during exercise. So, eat some and use them for your juicing recipes.

You can consider any fruits that are rich in Vitamin C. If you don't have any idea which one is best suited on your weight loss journey, then ask for assistance from experts. Also, if you have allergies on some fruits, better consult your physician and ask for an advice about the right fruits that you can use.

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Chapter 4:

Switch Out Trans Fat For Healthier Fats

Synopsis

For several years, doctors and nutrients have preached that low-fat diets is the best key to successful weight loss, preventing health problems, and managing cholesterol.

That is why it is essential for you to have ideas about switching out trans fat (bad fat) to healthier fat. It is because bad fats can increase your health risks while good fats can protect your overall health condition. In fact, healthier fats are important to emotional and physical health.

Eliminate Trans Fats From Your Diet

Trans fats are normal fat molecules that have been twisted as well as deformed during a process, which is called hydrogenation. In this process, liquid vegetable oil is combined and heated with hydrogen gas. Partially, vegetable oils that are hydrogenated will make them less likely to spoil and more stable, which is good for all food manufacturers and not a good thing for you especially if you are maintaining a healthy weight.

Trans fats are not healthy. Even a small amount of them is unhealthy. The reason behind it is that these fats contribute to several major health problems like cancer and heart disease.

Trans Fats Sources

When talking about trans fats, many people think of margarine. Well, it is true that there are several margarines that are loaded with these fats. However, the main source of trans fats in the Western diets comes from snack foods and commercially-prepared baked foods.

- ☐ **Baked Goods** – crackers, cookies, pizza dough, pie crusts, muffins, and other breads including hamburger buns.
- ☐ **Snack Foods** – corn, candy, tortilla chips, potato, microwave or packaged popcorn.
- ☐ **Fried Foods** – French fries, chicken nuggets, hard taco shells, doughnuts, and fried chicken.

- **Pre-Mixed Products** – pancake mix, chocolate drink mix, and cake mix.
- **Solid Fats** – semi-solid vegetable shortening and stick margarine.

Be a Trans Fat Detective

When shopping for your monthly or weekly foods, always consider reading the labels and check out if there is a presence of trans fats in the ingredients. There are some foods that come with no trans fats label, their ingredients might be a suspect.

When it comes to purchasing margarine, choose the versions like soft-tub and ensure that the products come with zero grams of this bad fat. If you are used to eating out, set aside biscuits, some baked foods and fried foods. Avoid these foods unless your chosen restaurant does not use trans fat when preparing their meals. In addition to that, ask the counter person or server of what type of oil used to cook the foods. If they will use trans fats, you can ask them to prepare your foods with olive oil instead.

If you to get rid of trans fats successfully, avoiding fast food is one of the things that you need to do. Most states don't have labeling regulations for fast foods. In fact, this can advertised as cholesterol-free if the foods are cooked in vegetable oil.

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How to Choose Healthy Fats

With the numerous sources of dietary fats, the options can be confusing. But, the bottom line is to go with the good fats, which will offer you tons of weight loss and health benefits.

If you're concerned about the health of your heart or your weight, instead of avoiding fat on your diet, try to replace the bad fats like trans fats with healthier fats. This just means that you will need to replace some of your meat with legumes and beans with the use of olive oil.

- ☐ **Eliminate Trans Fats from Your Diet.** If you are going to a grocery store, always check the labels for you to know the amount of trans fats of what you are going to eat. Plus, limit fast food.
- ☐ **Limit Your Intake of Bad Fats Like Saturated Fats.** You can limit saturated fats through cutting back full-fat dairy products and red meat. The best alternative for red meat is fish, beans, nuts, and fish if possible. Moreover, switch to low fat versions of milk or full-fat dairy foods.
- ☐ **Consider Eating Omega-3 Daily.** The best sources of Omega-3 are walnuts, fish, canola oil, soybean oil, ground flax seeds, and flaxseed oil.

How Much Fat is Too Much?

The amount of fat that is too much for maintaining a healthy weight depends on your weight, age, lifestyle, and your overall health condition. So, if you don't know how you will measure your fat intake, talk to some experts or make your own personalized fat limit. With this, you will not be able to limit yourself, but also you will be reduced bad fats gradually without the need to consider other ways. Plus, this can lead you the path of taking healthier fats.

Trans fats are not just one of the bad fats that you should avoid when losing weight. Saturated fats are also a kind of fat, which are found in various animal products. Reducing this bad fat can also let you achieve weight loss goals effectively.

Chapter 5:

Reprogram Your Mind about Portion Sizes

Synopsis

In weight loss, eating the right portion size is essential. However, many people who are trying to lose weight find it hard to control food portion sizes. Well, it is really tough at first. But, once you have learned how to control it, you will be able to make some changes on how you eat and will let you think of food portions as a tool to lose weight successfully and eat in a healthier way.

It may be impossible to measure each morsel that passes on your lips. However, it is a great idea to start measuring beverages and foods until you've got the feeling for considering right portion sizes for you to lose weight.

With the millions of foods out there, you might be surprised that a single serving or two servings can make a difference. So, learn how to reprogram your mind about portion sizes as this can play a huge role in weight loss.

Understanding Portion Sizes

People often relate serving sizes to the amount of particular foods that are placed on their plates like at restaurants. Unfortunately, that's not what portion sizes are. More often than not, portions that are served are not really the true serving size. That is the reason why some find it tough to control portion sizes.

Many people don't often measure their foods even when at home. Usually, they guess what one serving of food item is. Due to this, some don't understand the meaning of true portion size.

For you to know more about portion sizes, try to measure the serving size of your foods. In this way, you will not be able to control your calorie intake, but also you learn to watch portion sizes.

General Rule of Thumb When Placing Portions On Your Plate

There are various ways on how you can control portions. Some of these are the following:

- ☐ The size of a baseball or a fist of a woman is equal to a serving of fruits and vegetables.
- ☐ A rounded handful is about the same as a half cup of pasta or cooked rice.

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- ☐ The size of cards' deck is approximately three ounces of meat, which is a common serving size.
- ☐ The large egg's size or golf ball is about one-fourth cup of nuts.
- ☐ A computer mouse has the same size of a small potato.

Aside from those mentioned ways, measuring is still considered as the best way to make sure that you are eating the right portion size. Once you've measured your foods for the meantime, you can guarantee that you are getting the right serving size.

If you are not sure if you got the right size, try placing less on your plate. Then, if you are hungry, go for a 2nd half portion for you to be sure.

Chapter 6:

Change Your Mind about Salt and Use Fresh Herbs

Synopsis

Salt doesn't cause your body to lose or gain fat. As a matter of fact, salt does not have any amount of calories. However, consuming high amount of salt may result to temporary weight gain. It is because this causes your body to keep water. On the other hand, if you consume less salt, your body may lose some weight because your body expels water.

It is kind of interesting to note that most crash diets that boast quick weight loss depend on foods with no or little salt content. But, this does not mean that you will remove salt on your diet. You can always salt if you want to. However, if you want to see immediate results, why not consider using fresh herbs than salt? In this way, you will not just be able to lose weight, but also you will have a healthier weight.

Why Change Your Mind about Salt?

Although salt is an essential part of one's diet, eating too much of this can be harmful. In fact, statistics show that majority of Americans eat too much salt. For your body to function properly, you need to consumer 500 mg each day.

What Sodium Does

It is not necessary to remove salt from your diet. Experts still advised dieters to use this in order for your body to work properly. Sodium is an element that balances your body fluid, plays a part in contraction as well as relaxation of muscles, and transmits nerve impulses.

However, too much amount of sodium in your diet may have a negative effect in one's body. This holds and attracts water, which lead to increase blood volume that makes your heart to work harder than it used to be.

Using Herbs For Your Weight Loss

In today's modern world, most foods found in the market are unhealthy. That is the reason why you need to be wise when searching for foods that will suit on your diet and will lead you to weight loss results. If you think you got the right ingredients, adding fresh herbs on your dish can make a difference.

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There are tons of fresh herbs out there that you can use. Some of them include:

- ☐ Parsley
- ☐ Basil
- ☐ Oregano
- ☐ Cumin
- ☐ Thyme
- ☐ Rosemary
- ☐ Chives
- ☐ Black pepper
- ☐ Nutmeg
- ☐ Cinnamon
- ☐ Paprika
- ☐ Chili Powder

Each of these can either be savory or spicy. There are several that are sweet. There are herbs, which can be paired with fruits for spices and healthy desserts that will add flavor on your healthy diet. These herbs can be found easily. You can find them at the nearest local store in your area.

Getting Started When Using Fresh Herbs

Some people who are used to artificial foods might think that adding these foods can be challenging. Of course, it can be difficult to start

with herbs especially if you haven't considered these kinds of foods for a long time. In order for you to be successful with these herbs, here are some tips that you may consider:

- ☐ **Get Fresh Herbs.** The fresher the herbs, the greater the benefits will be. Dried herbs still have flavors, but they don't come with other healthy attributes. If you want to use fresh herbs, just chop them into small pieces and then follow the instructions on your own cookbook.
- ☐ **Grow Your Own.** Fresh herbs are not costly as what other people think. If you want to enjoy savings and avoid hassle when shopping on a grocery store, then start growing herbs at your backyard. Through this, you will not just be able to save money on buying herbs, but also it will be much easier for you to cook your recipes regularly.

Adding fresh herbs on your diet is a good idea. However, before you decide to add this, make sure to consult your physician first. The reason behind it is that there are some people who have allergies with herbs. Therefore, if you don't want to face any inconvenience when losing weight, then find out which herbs are best suited for you.

Chapter 7:

Change Your View about Whole Grains

Synopsis

A diet that is rich in whole grains can help in fighting your belly bulge while decreasing the risk of heart disease.

A new study showed that people who followed weight loss programs, which incorporate whole-grain breads and cereals are most likely to achieve weight loss goals successfully.

In addition to that, those people who consider whole-grain diet experienced a drop of about 38% in CRP or C-reactive protein, which is an inflammation's indicator in one's body that is linked to heart disease.

Researchers said that the results suggest that considering whole grains into your weight loss journey can help you burn fat and reduce the risk of developing a heart disease.

Whole Grains Versus Refined Grains

In a recent study, a group of obese people with metabolic syndrome was divided into 2 groups. Metabolic syndrome is a collection of the risk factors, which increase the risk of diabetes and heart disease.

Both groups were advised to cut calories for a total of 12 weeks. But, one group was told to take only whole-grains or whole-grain products while the other was asked not to consider eating any whole-grain foods.

At the end, both groups showed weight loss success. Both have experienced a decrease in their body fat. However, people who belong to the group who will eat whole grains only have reduced weight rapidly. They also experienced other benefits. But, the persons who belong to the refined grain group did not get other benefits.

Whole Grain Sources

If you are searching for a source of whole grain, here are the several whole grains you can consider:

- ☐ Whole wheat
- ☐ Oatmeal
- ☐ Popcorn
- ☐ Brown rice
- ☐ Whole-grain corn

☐ Whole rye

☐ Millet

☐ Bulgur

☐ Triticale

☐ Wild rice

☐ Buckwheat

☐ Whole-grain barley

☐ Sorghum

☐ Quinoa

There are also whole grains that you can add on your snacks or meals. These are:

☐ Whole-grain cereals like toasted oat cereal

☐ Whole-grain snack chip

☐ Using whole-grain flour

☐ Popcorn

Whole Grains on the Food Labels

If you are trying to look for foods that contain whole grains, choose foods that have the following:

☐ Bulgur

☐ Oatmeal

☐ Brown rice

☐ Whole rye

☐ Whole oats

☐ Wild rice

☐ Whole wheat

☐ Whole-grain corn

If you encounter some labels such as “multi-grain”, “bran”, “cracked wheat”, “seven-grain”, “100% wheat”, and soon, they don’t typically contain whole-grains.

You have to take note that color is the basis of whole grains. There are some breads that can be brown because of their ingredients or molasses. If you want to be sure, check the nutrition facts.

Chapter 8:

Don't Forget the Water

Synopsis

There are various reasons why it is essential to drink water when losing weight. For that reason, don't forget to drink water as this can help you achieve all your weight loss goals.

Reasons Why You Should Not Forget Water for Your Weight Loss Resolution

One of the main reasons why you must drink water when dieting is that this can help you avoid dehydration. Initial weight loss is caused by loss of water. You need to drink a sufficient amount of water for you to stay hydrated.

The process of burning fats and calories also requires a sufficient supply of water for you work efficiently. You have to keep in mind that dehydration reduces the process of fat-burning. Once you have burned calories, you create toxins like an exhaust coming out of your car. Due to this, water plays an important role in flushing toxins out of your body.

If you try to weight loss to build abs and muscles, water helps in maintaining muscle tone through assisting muscles in their ability to contract and this lubricates your joints. With proper hydration, you will be able to reduce muscle as well as joint soreness when exercising.

Many people are aware that a healthy weight loss revolves around having a good amount of fiber. But without water, your weight loss will never be successful as you might experience constipation.

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Chapter 9:

Use Affirmations to Stay on Course

Synopsis

Affirmations can help you get going. That is why it is important to use affirmations for you to stay on course. Through these, achieving all your weight loss goals is possible. All you need is to be aware what affirmations are and what they can do for you to be effective in losing weight.

Affirmations Defined

Affirmations are simply anything you think or say. People affirm what they expect in life all the time with their beliefs and thoughts. For instance, if you believe that losing weight is impossible and difficult, it will be. But, once you believed that it can be tough yet you can achieve it, then it will surely be. You have to keep in mind that actions follow thoughts. So, with positive affirmations, your actions will also be positive, which will allow you to keep moving forward.

Staying on the course is never an easy job especially if you are surrounded with temptations. That is why affirmations are useful. Here are some of them:

- ☐ I will maintain a healthy balanced diet.
- ☐ I will follow a particular diet that will improve my ability to lose extra pounds.
- ☐ I will exercise 1 hour every day and 3 days a week.
- ☐ I will walk more to burn more calories.
- ☐ I will follow after 6 eating habit.

Chapter 10:

The Benefits of Maintaining A Healthy Weight

The benefits of maintaining a healthy weight are many. Not only it improves the quality of life, but also it boosts one's quantity of life.

Here are the main benefits of maintaining a healthy weight:

Discomfort Relief

When someone has to carry extra pounds, their active lifestyle is also affected. Even losing 5-10% of your weight will aid in reducing various aches as well as pains that are associated with not being active.

The extra pounds of your body may cause more strains on the bones, muscles, and joints, which will cause them to function harder than normal just to move around. But, if your weight is less, your body will be able to work efficiently and will avoid damage, which can hinder a person to do his or her daily activities successfully.

Healthier Heart

If your weight is high, your heart might not be able to do its work effectively even if you are resting. However, if you maintain a healthy weight, the amount of blood that is going to various vital organs of the body will increase, which will also allow your heart to do its job efficiently.

Maintaining a healthy weight also decreases strains on the heart and reduces one's risk of heart attack, angina, and high blood pressure.

Lower Risk of Diabetes

Based from some research and studies, overweight people are at greater risk to suffer from Diabetes Type II. If you have already diagnosed with this medical condition, it is important to lose weight as this will allow you to control it in a better way. If you don't have this condition, maintaining a healthy weight will reduce the risks of Diabetes.

Cancer Avoidance

Experts said that weight loss plays a huge role to get rid of cancer. Losing weight will not just prevent cancer development, but also this can lessen the possibility of developing various types of cancer that are known nowadays. According to some studies, overweight women are more likely prone to gallbladder, breast, uterine, colon, cervical, and ovary cancer while overweight men may develop prostate, rectal, and colon cancer.

Prevent Osteoarthritis

Osteoarthritis is a condition in which patients suffer from joint paints. Due to excess weight, many people might be at risk of developing this condition. However, with a maintained healthy weight, this disorder can be prevented easily before it will start. Along

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with exercise and a healthy diet, the body joints will carry reduced weight and will prevent damage over time.

These are only some of the numerous benefits of maintaining a healthy body weight. So, if you want to live healthier and avoid some diseases, start losing weight now.